





## Lifestyle Management Form 5.3

# Food Group Serving Sizes

## Serving Sizes and MyPyramid Recommendations

### BREADS, CEREALS, AND OTHER GRAIN PRODUCTS

#### *What counts as 1 ounce of grains?*

1 slice bread	½ bun, bagel, or English muffin
½ c cooked cereal, rice, or pasta	1 small roll, biscuit, or muffin
1 c ready-to-eat cereal	3 to 4 small or 2 large crackers

### VEGETABLES

#### *What counts as 1 cup of vegetables?*

1 cup of raw or cooked vegetables or vegetable juice	1 cup tofu
2 cups of raw leafy greens	1 medium baked potato, 20 French fries
1 cup cooked dry beans and peas (such as pinto beans or split peas)	

### FRUITS

#### *What counts as 1 cup of fruit?*

1 cup of fruit or 100% fruit juice	1 small apple
½ cup of dried fruit	1 medium pear, grapefruit
1 large banana, orange, peach	32 seedless grapes

### MEAT, POULTRY, FISH, AND ALTERNATES

#### *What counts as 1 ounce of meat or meat equivalent?*

1 ounce of meat, poultry or fish	1 tablespoon of peanut butter
¼ cup cooked dry beans, 1 falafel patty (2 ¼", 4 oz)	½ ounce of nuts or seeds (12 almonds, 24 pistachios, 7 walnut halves)
1 egg	¼ cup (about 2 ounces) of tofu,
12 Tbsp. hummus	1 oz tempeh, cooked

### MILK, YOGURT, AND, CHEESE

#### *What counts as 1 cup of milk?*

1 c milk or yogurt	1/3 c shredded cheese
2 oz process cheese food	2 slices Swiss cheese
1½ oz cheese	

### OILS

#### *What counts as 1 teaspoon of oil?*

1 teaspoon vegetable oil (soy, corn, peanut, and sesame)	1 tablespoon mayonnaise type dressing, Italian dressing
1¼ teaspoon mayonnaise	8 large canned olives

### FATS, SWEETS, AND ALCOHOLIC BEVERAGES

- Foods high in fat include margarine, salad dressing, oils, mayonnaise, sour cream, cream cheese, butter, gravy, sauces, potato chips, chocolate bars.
- Foods high in sugar include cakes, pies, cookies, doughnuts, sweet rolls, candy, soft drinks, fruit drinks, jelly, syrup, gelatin, desserts, sugar, and honey.
- Alcoholic beverages include wine, beer, and liquor.